

Summer Safety 2014



MCICOM Safety

Dangers of summer driving

- ▮ **More teens on the road**
- ▮ **Drivers on vacation add to congested roads**
- ▮ **More motorcycles on the road**
- ▮ **More bicycles on the road**
- ▮ **Sun and excessive heat on the road**

Yes, this is a dangerous season on the road!

Teens - out of school and on the road

We are half way through the “100 Deadliest Days” for teenage drivers — according to the National Highway Traffic Safety Administration. Be more responsible than not.....



Headed to the beach? So is everyone else.

Common destinations create congested roads and makes for:

**Harder Driving Conditions
Potential For Road Rage
Added Distractions**

**So.....
Plan Ahead
and
Keep Your Cool.**



Watch for Motorcycles

The majority of motorcycle accidents are caused by a vehicle making an illegal left turn in front of the rider.

Look twice and listen as motorcycles have distinctive audible signatures...



Watch for Bicycles

**Allow at least 3 feet of clearance
between your car and the bicyclist when
passing...**

It's The Law



Stay Cool

 The scorching summer sun can dehydrate you on long drives, so keep a bottle of water



Weather issues

||||| **Hurricane season**

||||| **Lightning strikes**

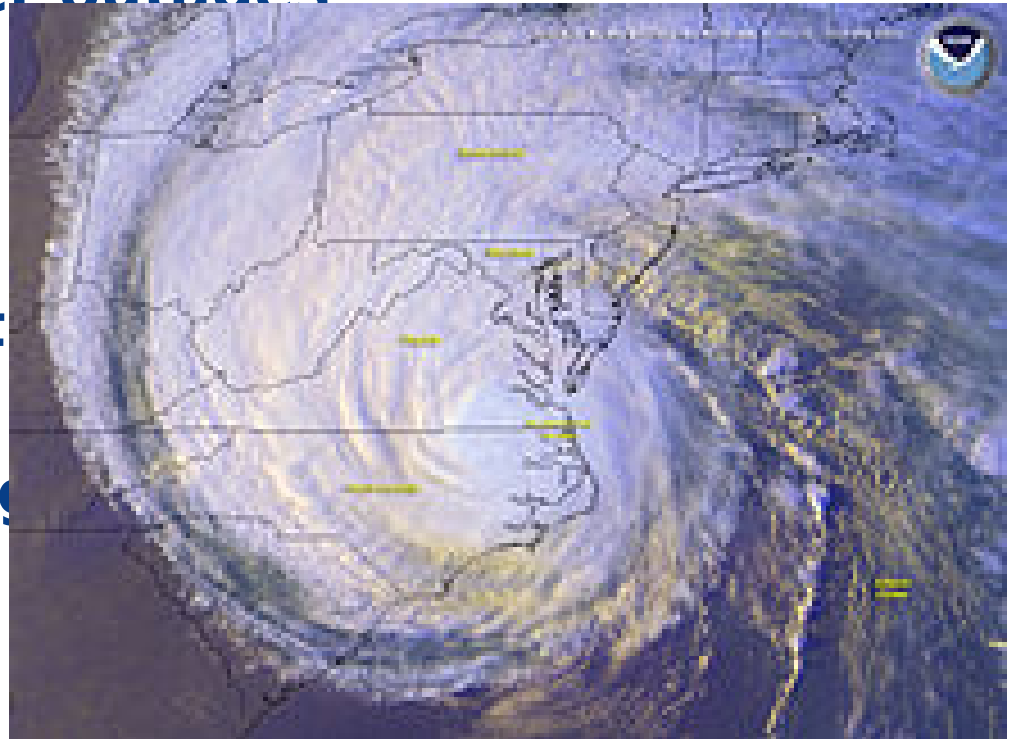
||||| **Heat illness**

Hurricane prep

Strong winds can reach the local area, causing downed trees and power outages

Prep:

- **Extra drinking water**
- **Non-perishable food**
- **Candles and flashlight**
- **Extra meds**
- **Turn refrigerator to high**
- **Fill bathtub to enable hygiene needs (toilet)**



Summer Time Lightning Threat

Stay out of the weather!!!

Since May, lightning has killed 7 people nationwide.

If you feel your hair stand on end,
drop to your knees and bend forward
putting your hands on your knees.
Do not lie flat on the ground.

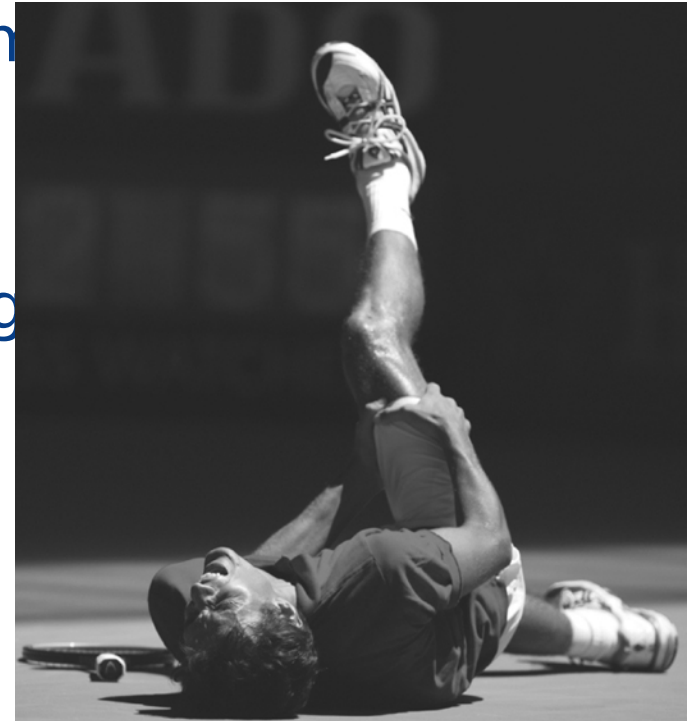


Heat cramps

Symptoms:

- Severe, sometimes disabling cramps
- Hard, tense muscles

If it hurts Stop.... it's an early sign of possibly more serious injuries. Get to shade, relax and hydrate.

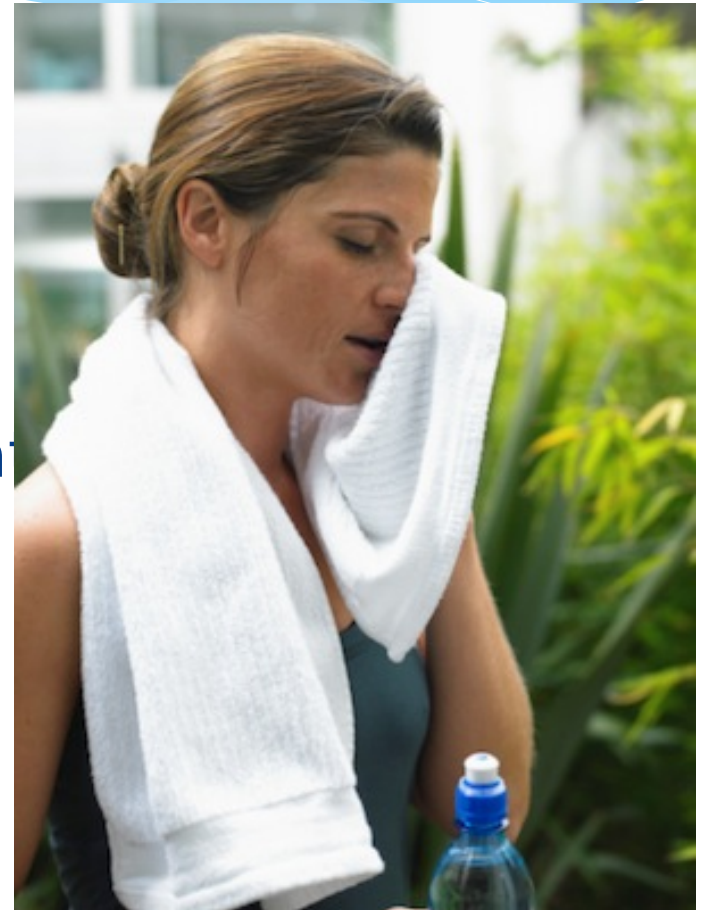


Heat Exhaustion

Symptoms:

Fatigue Nausea
Headaches Excessive thirst
Muscle aches and cramps
Weakness Confusion
Clammy skin Slowed heartbeat
Dizziness Fainting
Agitation

SEEK MEDICAL ATTENTION!!



Heat Stroke – Get to an ER!

Symptoms: Same as heat exhaustions with added.....

Vomiting, Decreased Sweating

Hot, Flushed, Dry Skin

Rapid Heart Rate

Shortness Of Breath

Increased Body Temperature

Loss Of Consciousness

Convulsions

SEEK MEDICAL ATTENTION



Dangers of leaving kids and pets in a vehicle

- Over the last 15 years, nearly 600 children across the United States have died after being left inside a car.
- Animals can sustain brain damage or even die from heatstroke in just 15 minutes.



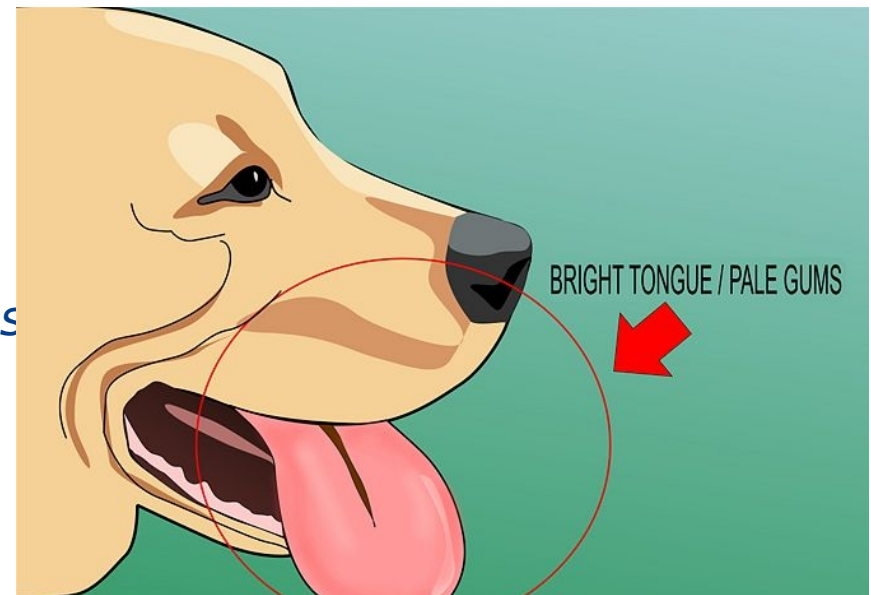
**DON'T COOK
YOUR DOG!**



Heat Stroke - Dogs

Symptoms:

- Unusual breathing - rapid and loud
- High rectal temperature
- Extreme thirst
- Weakness and/or fatigue
- Frequent vomiting
- Disorientation
- A bright red tongue and pale gums*
- Difficulty breathing
- Collapse or coma
- Thick saliva
- Increased heart rate



Heat Stroke – Dogs

If you suspect that your dog is overheated, immediately take them to a shady spot or into a cool indoors room

Offer water....

Fan the dog and spread their fur open using your Fingers.

Cool The Dog Down!



Hazards of summer fun

- ||||| Boating
- ||||| Swimming
- ||||| Barbeque
- ||||| Food
- ||||| Bed bugs

What ever floats your boat

- Take a boating safety course
- Learn the boating rules of the state
- File a float plan to let someone know where you expect to be, and when you expect to return.
- Prepare for the worst, wear a life jacket

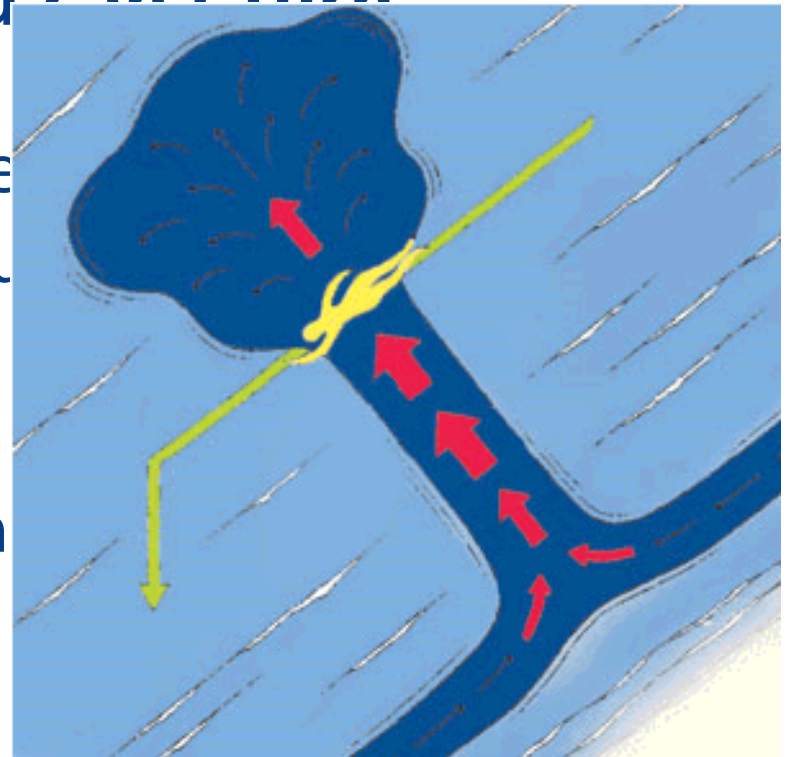


Riptide ride of death

Being caught in a rip current is like being stuck on a treadmill that you can't turn off

||||| Remain calm and swim parallel to the shore, rip currents are usually not very wide.

||||| An alternative, relax and calmly float or tread water until you can signal for help.



BBQ danger

- Have a fire extinguisher ready.....
- Don't add lighter fluid to hot coals, the rising white fumes are one step from becoming a fuel/air explosive.
- Its hot outside, food spoils quickly, keep in on ice or return to refrigerator immediately after serving.
- Avoid smoke from your grill (contains cancer causing agents, carbon monoxide and complicates laundry)
- Cook meats thoroughly (particularly red meat

Don't let the Bed Bugs ride home with you from your hotel

- Pull back the sheets and inspect the mattress (these critters are a bit smaller than a tic).**
- Thoroughly inspect the entire room before unpacking.**
- If you do need to change rooms, be sure that you do not move to a room directly adjacent as these bugs travel**
- If exposed place your suitcase in a plastic trash bag.**
- After your trip, inspect your suitcase before bringing them**



Have a Safe and fun Summer!

